

TEAM Nutrition



Eat Smart. Play Hard. Healthy Lifestyle Web Site

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Special points of interest:

- Helpful guidelines for food in vending machines
- Sign up for a class to get up-to-date information to do nutrition education
- Start your school on the HealthierUS Schools Challenge
- Apply to host the Power Panther at your school

Two new web pages from USDA Food and Nutrition Services have recently been announced. They are designed to help kids, parents, and caregivers to promote Eat Smart. Play Hard™ and to assist in putting the new Dietary Guidelines and MyPyramid recommendations into action.

The kids' page is interactive and skill-building in a virtual community setting. Power Panther, the spokes-character, leads kids in exploring the Town Library, Theater, Fitness Center, Power Tunes Store, Post Office, Eat Smart Grill, Fun Times Arcade, and Travel Center. Behind

each door in the virtual community, kids learn healthy lifestyle skills. This web page is filled with songs, experiments, activity sheets, comics, clipart, worksheets, games, posters, e-cards, and recipes to form healthy behaviors.

Have a child try the Gardening Game at the Farmers' Market store. The child will battle bugs and pull weeds while watching the garden grow. Another fun place to visit is the Theater where a child moves a slider to make the Power Panther dance. The popular activity sheets are all downloadable from the Town Library. View the site at www.fns.usda.gov/



Power Panther leads kids to healthy behaviors

eatsmartplayhardkids

The new Healthy Lifestyle web page provides parents and caregivers tools for healthy living including tasty, low cost menus and recipes that meet the new food guidelines. The web page has a Calorie Burner Chart, the MyPyramid Tracker, and the Eat Smart. Play Hard™. (ESPH) Tracking Card. Access this web site at

www.fns.usda.gov/eatsmartplayhardhealthylifestyle



Virtual community on the Eat Smart. Play Hard. Kids page



Power Panther Tours South Dakota Nov. 6-22

Child and Adult Nutrition Services, Team Nutrition and Action for

Healthy Kids are putting together a tour of the Power Panther, the mascot of the USDA's Eat Smart. Play Hard Campaign. This is an opportunity to use the Power Panther costume for the implementation of your wellness policy or to call attention to other events that focus on nutrition or physical activity! The Power Panther costume will be in South Dakota from November 6 to November 22, 2006.

Plans are for the Power Panther to stop at state attractions such as Mt. Rushmore, Crazy Horse Monument, Falls Park, and the Corn Palace to promote the South Dakota Tour. If you would like for your children or students to join the Panther or suggest another location, please complete the site

application form that is on the last page of this newsletter. If you would like us to stop for a quick visit to your cafeteria, classroom or pep assembly as the Panther is traveling by your town, let us know. **Deadline for applications is September 25.**

The Power Panther Tour route will be based upon the geographical requests we receive so he can get to as many sites as possible. Once the route has been determined, we will let you know what day he will be at your site (weather permitting).

Would you like help planning what to do with the Power Panther? Please contact Kris Sands at krissands@alliancecom.net and she would be happy to help you access and order free Power Panther stickers, table tents, posters and fun ideas for activities for your event as well as download Power Panther songs that can be

played for activities. More information about the Power Panther and the Eat Smart. Play Hard Campaign is available at <http://www.fns.usda.gov/eatsmartplayhard/Collection/>



[main.html](#).

The booklet Popular Team Nutrition Events is also a great resource. A copy can be ordered directly from USDA at <http://teamnutrition.usda.gov/library.html>. Twenty-three different events are described in the book ranging from daily health education messages over the school announcement system to a community-wide health fair.

Healthier Worksite Initiative from Centers for Disease Control



Workforce health promotion is receiving a lot of attention today. Programs are

constructed to reduce costs to the employer and improve employee health and morale. In schools it is doubly important because teachers and staff are important role models for the children. Ideas for worksite programs are featured on the Healthier Worksite Initiative website. Ideas include StairWELL (making stairways attractive which can lead to increasing steps), Garden Market (help to increase the fruit/vegetable intake and create a produce market at work),

Cost Calculators (how to measure the business impact of workforce health promotion), and a Discussion Board for planners.

A SD example of extending the wellness message outside the school to parents and other community members is on the Colman-Egan school website at <http://www.colman-egan.k12.sd.us/>. Visit the Healthy Hawks link near the bottom of the page. This is updated often by their Wellness chairperson.

Step-by-step toolkits to help with planning are available at <http://www.cdc.gov/nccdphp/dnpa/h>

Healthy Vending Changes Being Made

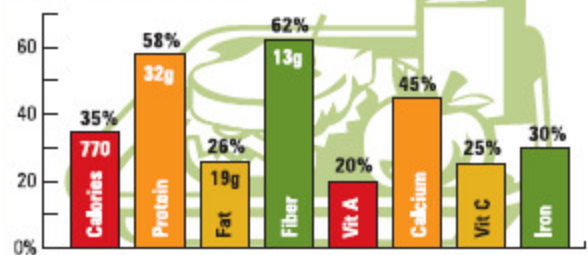
As Wellness Policies are being implemented in schools this fall, many vending machines which previously held soda pop and juice drinks are now becoming home to more nutritious fare. School staff may be struggling with which snacks are wise to have in the machines. The SD Model Wellness Policy, which can be accessed at http://doe.sd.gov/oess/cans/docs/Wellness_Policy.pdf, has a list of recommended standards for food and beverages. When making decisions about what to include in vending machines and a la carte lines, consult the local school district wellness policy guidelines as well.

One comprehensive list of snacks organized by brand name and type, called the "A" list, has been compiled by the John Stalker Institute at Framingham State College. The list can be found at <http://www.johnstalkerinstitute.org/>. SD Team Nutrition is not endorsing the choices in the list, but is a way to see how many calories, fat, and added sugar are in the portion sizes of many available products. This may be helpful information when trying to decide what to purchase from a vendor.

Help with decisions about healthy fundraising, vending machine management, nonfood rewards, recess before lunch, and increasing fruit and vegetable consumption is available in a series of brochures which can be downloaded from the Child & Adult Nutrition Services website at <http://doe.sd.gov/oess/cans/>

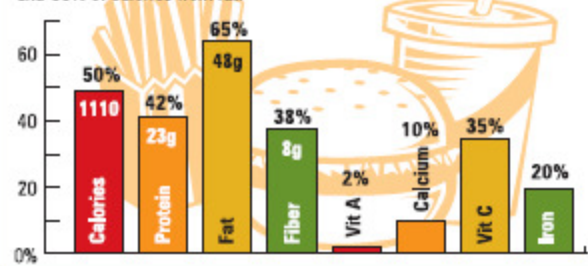
Figure 2. Nutrition for the dollar

High School lunch: \$2.00 (chicken filet sandwich, lettuce and tomato, baked beans, raspberry applesauce, low-fat chocolate milk)
This menu provides 16% of calories from protein and 21% of calories from fat.



High School a la carte purchases: \$4.00

(chicken filet sandwich, large french fries, 20-oz. sports drink)
This menu provides 8% of calories from protein and 38% of calories from fat.



Percentages based on 2200 calories per day

Source: Wake County Public Schools Child Nutrition Services, 2004.

A comparison shown in the Eat Smart: North Carolina Recommended Standards for All Foods In School publication.

Vended Food and Beverages		Nutrition Facts Label Information and Formulas										
		A	B	C	D	E	F	G	H	I	J	K
Meet SB04-103 Y/N	Products	Serving Size (g)	Calories	Cal from Fat	% Cal from Fat	Total Fat (g)	Sat Fat (g)	% Cal from Sat Fat	Total CHO	Fiber (g)	Sugars (g)	% Wt from Sugars
				9 x E	C/B*100			(9xF)/B*100				J/A*100

When choosing snacks refer to the local school district's Wellness Policy and local guidelines. A helpful worksheet and how-to guide to calculate the nutritional value of the snacks that your distributor might have available is the State of Colorado Implementation Guide Worksheet at <http://www.cde.state.co.us/cdenutritran/download/pdf/VendingGuide.pdf>



Special Topics: Nutrition Update Course

A nine-lesson series for individuals who need updated nutrition information is beginning September 21 via DDN. The course is being offered for college credit, continuing education units, or professional development. The two-hour sessions are tuition-supported by a Team Nutrition grant and will only cost \$59 for one graduate or undergraduate credit.

The course is designed to benefit school staff and teachers who are engaged in any type of nutrition education and community members who are involved in wellness committees or just concerned citizens.

A list of selected sites where the classes will be hosted is as follows:

- | | |
|--|--|
| 1 Beresford High School | 15 Sisseton High School |
| 2 Box Elder Middle School (Douglas) | 16 South Dakota State University, Pugsley, Brookings |
| 3 Colman-Egan School | 17 State Capitol, Pierre |
| 4 Edgemont High School | 18 Tea School |
| 5 Garretson High School | 19 Webster School |
| 6 Groton High School | 20 White River High School |
| 7 Huron Middle School | 21 Winner Middle School |
| 8 Iroquois School | |
| 9 Lake Area Technical Institute, Watertown | |
| 10 Marty Indian School (High School) | |
| 11 Meade (Sturgis Williams Middle School) | |
| 12 Menno High School | |
| 13 Parker High School | |
| 14 Redfield High School | |

These sites have agreed to allow guests from other communities to attend at their locations.

Enrollment is accepted until September 28 through the website at <http://distance.sdstate.edu> (for the credit option) or by calling 605-688-4039 (for the non-credit and CEU options). A tip sheet on registration how-to's and the course syllabus is available at <http://doe.sd.gov/oess/cans/>

Grants for Youth Baseball and Softball

Athletes have been joining the nutrition and physical fitness education movement to encourage healthy behaviors in children. Local wellness teams can access their hometown sports heroes to promote healthy eating and being active.

To help kids be active funds for equipment and facility development are available from the [Cal Ripken, Sr. Foundation](#). The Cal Ripken, Sr. Foundation is a nonprofit organization dedicated to providing baseball and softball

programs to underprivileged children, with the goal of inspiring them to be the best they can be and to reach for their dreams. The Foundation provides grants to community groups, local government programs, and schools in order to support the growth of youth baseball and softball, as well as promote character growth in children. Grant programs currently accepting applications include Baseball/Softball Equipment Awards, Public Youth Ball Field Refurbishment



Matching Grants, Quickball Awards, and Camp Sponsorship Awards. The final deadline for 2006 is October 15. Visit the website listed for program details and application forms.

Information on other grants is available at <http://doe.sd.gov/oess/cans/nutrition/index.asp>

HealthierUS School Challenge



**United States
Department of
Agriculture**



**Child & Adult Nutrition
Services**



**South Dakota
State University
Cooperative
Extension Service**

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South Dakota has several schools that are making progress toward achieving one of the prestigious HealthierUS School Awards. A brochure describing the challenge can be downloaded at <http://www.fns.usda.gov/TN/HealthierUS/healthierUSbrochure.pdf>

A new feature of this newsletter will be information on various steps of the challenge in an effort to get Teams and food service staff thinking about what their school can do to get ready to apply for the Challenge's Gold or Silver Award.

This month's newsletter features the menu portion of the application. By providing a menu to students that meets the requirements of the HealthierUS School Challenge, school staff are helping ensure that students are receiving the nutrients that they need in order to be healthy. This will not only help to win the award

but it will help schools to be ready when the new USDA regulations are released that are anticipated to require more whole grains and other recommendations from the New Dietary Guidelines.

Step 3 requests that ***"Your school offers reimbursable school lunches that demonstrate healthful menu planning practices, principles of the Dietary Guidelines for Americans, and meet or exceed the menu criteria listed in the accompanying chart."*** To prove compliance a copy of the prior month's menus for reimbursable lunches served in your school must be submitted. Twenty consecutive meals are entered into a menu worksheet which can be downloaded at http://teamnutrition.usda.gov/HealthierUS/application_packet.pdf Help with any of these steps is available from Kris Sands at krissands@alliancecom.net

Menu Criteria—Lunch	YES	NO
• 3 different fruits and 5 different vegetables are offered weekly.		
• Menus include a dark green or deep yellow fruit or vegetable 3 or more times per week.		
• Fresh fruit or raw vegetables are offered three or more times per week.		
• Menus include a good source of vitamin C* every day.		
• 4 different entrées or meat/meat alternates are offered throughout each school week. When choices are not offered, higher fat entrée items are limited to once per week. A higher fat entrée is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds, and nut butters.		
• Cooked dried beans or peas are offered at least once per school week.		
• Whole grain foods are offered 3 or more times per school week. A whole grain food is one labeled as a whole grain product or with a whole grain as the <i>primary</i> grain ingredient in the ingredient statement. Examples of a whole grain ingredient include the terms "whole wheat flour," "entire wheat flour," "cracked wheat," "graham flour," "brown rice," "old-fashioned oatmeal," "quick-cooking oats," and "cornmeal."		
• Menus provide two or more sources of iron* each day.		
• Lowfat (1%) and/or skim (nonfat) milk is offered daily.		

Power Panther Tours South Dakota

**The mascot for USDA Team Nutrition
will visit South Dakota from
November 6 to November 22.**

Your school, after school program or childcare site could be host to the Power Panther if it fits the schedule. Complete the form and the calendar below by September 25 to request a visit. You will be contacted by October 5 about your request.



LOCATION (School/center and city)			EVENT		
CONTACT PERSON			ADDRESS		
PHONE			EMAIL		
WHAT WILL THE POWER PANTHER DO AT YOUR SITE TO PROMOTE NUTRITION AND PHYSICAL ACTIVITY?			HOW WILL THIS BE ADVERTISED?		
<p>Do you have someone who can wear the Power Panther costume and act as the mascot? YES NO</p> <p>Do you have someone who can serve as "handler" for the Power Panther? YES NO</p> <p>Mark the calendar below with an X for dates when you cannot host the Power Panther. In the dates when a visit from the Power Panther would be possible, write in times of the day when you can serve as his host.</p>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22			
SIGNATURE OF TEAM NUTRITION CONTACT PERSON				DATE	

Address questions to karlys.wells@ces.sdstate.edu, 605-688-4039.

Mail or fax this form to: Karlys Wells, SNF 212, Box 2275A, Brookings, SD 57007 FAX 605-688-5603.